

## PLANNING FOR Emergencies

# PLAN for your Children



## Tip #1

**Before an emergency**, pack all essentials that will be needed to keep your children safe and healthy (eg. medicines, raincoats, hand sanitizers, masks)



Produced by the UNICEF office  
for the Eastern Caribbean Area with  
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## Tip #2

**Before an emergency**, pack all essential items that would keep your children engaged (eg. books, games, favorite toys, handheld electronic games; headphones etc). Ensure that electronics are fully-charged.



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### Tip #3

**Before an emergency** strikes, store away all your child's important documents in Ziptop bags and take photos of them and store them electronically.



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### Tip #4

**Before an emergency** strikes, talk to your children beforehand about what to expect, and how to keep themselves safe especially if they have to go to a shelter.



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## Tip #5

If your child has special needs, for example if he or she is wheel-chair bound, ensure that you know beforehand which shelters are accessible.



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## Tip #6

**Before an emergency** strikes, develop a system before hand with your child so that he/she can be identified just in case you become separated.



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## Tip #7

**Before an emergency**, learn some basic first aid skills (such as how to make ORS) in case you or your child becomes ill during the emergency.



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**FLOOD WATER**

**MOSQUITOES**

**DENGUE, ZIKA & CHIKV**

**Protect your  
children....  
Always use  
insect repellent**



**PROTECTING CHILDREN IN EMERGENCIES**

unicef   
for every child

# Protect Yourself from Getting Sick

 Do not drink or play in dirty water

 Wash your hands with clean water and soap

- ▶ after playing
- ▶ before eating
- ▶ after using the toilet



PROTECTING CHILDREN DURING & AFTER EMERGENCIES

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The Caribbean is prone to hazards such as hurricanes, floods and earthquakes. It is important that during any emergency children are safe and protected.

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## A checklist for parents

Here is the checklist for parents to consider **BEFORE** the emergency happens:

*You should always:*

- ✓ Pack all essentials you will may need to keep your child safe & healthy, (medication, boots, gloves, raincoats, hand sanitizers, masks, clothing etc.
- ✓ Pack your child 's favorite toys, books, music, IPad etc. especially electronics that can be battery operated.
- ✓ Talk to your child about what to expect if he /she has to go a shelter.
- ✓ Develop a system beforehand with your child that would allow him or her to be identified if he/she becomes lost or separated from you.
- ✓ If your child has special needs such as he/she is physically challenged, arrange a system beforehand with other relatives or neighbours so this child can be assisted if he or she need to be evacuated.
- ✓ Beforehand, learn some basic first aid skills (such as how to make ORS) in case you or your child becomes ill during the emergency.
- ✓ Take photos of all of your children's important documents - email them to yourself or store them in the cloud.